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## Inside this Issue

1

### ARF NEWS

First ARF Incentive Round Complete!

Walking groups help Omaha schools meet 60 minute ARF goal

After School Program "Up and Running" with ARF!

2

### WHAT'S HAPPENING?

Brain Activity, Energy Balance, and Movement Workshop...  
Featuring YogaKids

N-Lighten Nebraska 2005

Updates from VERB

Trying to win money for your physical activity program?

3

### PHYSICAL ACTIVITY IDEA CORNER

Creative Play VERB Style

Holiday Games

Adaptive Freeze Tag

ARF Activity Calendar

Jump Rope & Hoops For Heart

4

### FOOD & NUTRITION

Balanced Celebration

What Food Can Teach Us

*Happy Holidays!*

# ARF Update



## ARF NEWS

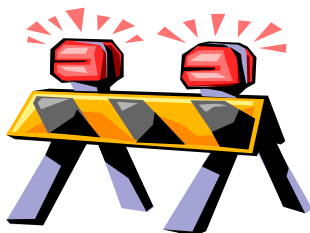
### First ARF Incentive Round Complete!

Thank you to everyone who sent in point cards for the first six-week period of ARF! The next ARF period ends on December 3. **You will need to send in your point cards NO LATER than December 10.** Incentives will be mailed out December 15.

**Please remember that kids must complete at least five out of six ARF weeks to be eligible.** While we do not expect you to verify their participation via journal entries, please make sure that the point cards indicate that youth were active at least five times. We check each point card and throw out any that do not indicate sufficient participation and/or do not include the student's name and school.

**Tip:** Is it difficult for your students to fill out the name/school/town/grade side of the point card? A couple of wise teachers simplified this step for their students by printing off computer labels that the kids could simply stick on the cards.

**Did you miss the first round of participation because you are having trouble getting started?** Please contact Michelle and she will help you troubleshoot any barriers you may be facing.



### Walking groups help Omaha schools meet 60 minute ARF goal



**From Gloria Mosser, Ashland Park-Robbins, Omaha**

*In addition to doing ARF, I have started a walking club that has about*

*35 regulars. We walk every morning from 8:00-8:30, so we easily get in our 60 minutes. I started the walking group for the children who don't usually get exercise, but we only see a few of those. But some is better than none! I try to get more kids involved every week and sometimes get some extras to participate. The best new members are a Mom and Grandpa who come and walk or play with their kids once or twice a week.*

### **From Rose Emsick, Dundee Elementary, Omaha**

*At Dundee School we have started a walking club. We meet before school on Tuesday and Friday mornings and walk for about 40 minutes. So far we have had great weather and have only had to be inside one day. The neat thing is that we opened it up to adults and we have had parents and even a few grandparents join us on our morning walks. We average between 30 to 40 walkers and they really seem to enjoy the walks. We chose Fridays so we could tie it in with our ARF movement. I gave most of the regular walkers a book and most turned in their cards. Hopefully, we will get a few more next month.*

**Suggestions for any leader facing the participation barrier:** Try to get to the bottom of why kids are not participating. Is it because of an environmental roadblock? Maybe some positive peer pressure is in order... Perhaps a little creativity is all you need...

- ❖ Are kids unable to participate because of lack of transportation around activity time? Work with some of the parents to form carpools or Walking School Buses specifically for the activity. Let kids know that they can sign up to ride or walk with these groups to school.

- ❖ Are kids not participating because they are shy? Start a mentoring program! Ask older kids to invite the friends of little



brothers and sisters. It's a win-win situation – the younger kids feel special because of the attention from an older peer and the older kids are able to serve as role models!

- ❖ Make your activity stand out! You don't necessarily need to spend lots of money to make your event shine. Try inviting VIP's to participate such as local athletes, school administrators/teachers, the mayor, high school/college student leaders, and local military personnel (it's really fun if they dress in uniform).

## After School Program "Up & Running" with ARF!

**From Aubrey Weitzencamp, Lead Teacher, Huntington Community Learning Center, Lincoln**

*Our students are so excited about the ARF program. They love to be active. After completing their journals each week, the children are anticipating the activity that will be picked from the ARF manual for the next Friday.*

*Some of my staff's favorite memories are making the four squares and jumping in different orders. Everyone was able to participate, and we love that!*

*The Activity Guide has helped supplement other parts of our after school program. Learning activities take on movement and motion with Hallway Jive and the Train Connection (Brain Breaks). These children are always on the move and learning. The ideas are endless thanks to your work and ours to encourage an active lifestyle.*

## WHAT'S HAPPENING?

*In Nebraska & Across the Nation*

### Save the Date: Brain Activity, Energy Balance, and Movement Workshop... Featuring YogaKids

This interactive half-day workshop will equip participants with the tools necessary to increase student learning and physical activity in fun, innovative, positive ways within the general education and physical education classrooms (pre-K through high school level learners), recreational settings, and health/wellness professions.

Facilitators will provide 2 ½ hours of hands-on, comprehensive training in an active learning environment that will send professionals away with the skills necessary to implement training components into their own curriculum or setting.

The final 90 minutes of the workshop will feature Judy Olivetti, one of two certified facilitators for YogaKids in Nebraska.



YogaKids is a unique approach to integrative learning using yoga as a pathway for youth ages 3-16. Reading, storytelling, music, creative arts and

earthcare blend seamlessly with yoga movement to educate the "whole" child. The YogaKids curriculum provides children with an exciting new way to explore and appreciate their academic and creative potential.

Workshop participants will participate in the class while learning how to facilitate curriculum to children. Children, in turn, will learn invaluable skills that set the groundwork for meeting challenges and growing strong physically, mentally and emotionally, cultivating self-esteem for a lifetime of successful achievement.

**Two sites, two dates!**  
**ESU #15**  
**Trenton, NE**  
**February 24, 2005**  
**8:00AM-1:00PM**

**Prairie Winds Community Center**  
**Bridgeport, NE**  
**February 25, 2005**  
**9:00AM-2:00PM**

**Workshop Provided by: NAHPERD; NDE, P.E. and Health Section; and NebraskaCVH, ARF Movement**  
**For more information, contact**  
Kimberly Barrett: (402) 471-1045,  
[kimberly.barrett@hss.ne.gov](mailto:kimberly.barrett@hss.ne.gov)

## Mark Your Calendar!

**(February 1 - June 1, 2005)**

N-Lighten Nebraska is back and better than ever for 2005. Significant changes have been made for the year including:

- **FREE** Accusplit 170 pedometer for all team captains.
- **FREE** colored T-shirts for all team members.
- **Team** boxes shipped directly to team captains for **FREE**.
- **Discounted** entry fees for entering online.



- Simpler method of tracking activity through our new Activity Tracker.
- Weekly emails sent directly to all team members. Not just captains.



- Two models of pedometers available at discounted prices.
- Four-month program rather than five.

#### N-LIGHTEN KIDS is a new program for 2005!

- FREE three-month program to all Nebraska youth.
- Teams of 10-30 kids are encouraged to become more active.
- All teams that average 100 points per person during the program will be eligible for one of five \$500 cash prizes.
- Adult team captains keep track of team points on a free wall chart and report the progress monthly.

FOR ENTRY INFORMATION, log on to [www.n-lightennebraska.com](http://www.n-lightennebraska.com) or [www.n-lightenkids.com](http://www.n-lightenkids.com). Call 402-471-2544

## Updates from



#### Kids' Website Revamped!

Has it been a while since your kids have checked out [www.VERBNow.com](http://www.VERBNow.com)? Many awesome activities have been added in the past few months! Here is a list of new features that will convince your kids that physical activity is fun AND cool!

- ✓ **Create a Character** – These “virt” reflect the personality of each preteen and are “energized” by the actual physical activity that their creator does and records each

day! For kids who like a little competition, a top 10 list is updated daily to show whose virt is the most active!

- ✓ **E-cards** – Kids can send virtual mail to ask their friends to play or encourage them to create a “Virt.”
- ✓ **Game generator** – Choose two types of game or equipment and a place to play and the computer generates a brand-new “double time” activity! *See a sample in our Physical Activity Idea Corner.*
- ✓ **Play without borders** – Games from around the world are featured. Learn about other cultures on the move.
- ✓ **Pro tips** – Watch video clips made by professional sports athletes that demonstrate different skills and techniques
- ✓ **Clips** – Moves from seven different sports demonstrated via video clip. VERB TV ads are also featured.
- ✓ **Project Zero** - A movement to find new adventures in snow with guidance from the greatest athletes and brands on the mountain.

#### Activity Kit for Middle Schools Features Cultural Games and Chance to win \$1,000 Grant

VERB and Weekly Reader have partnered to produce the "Play Without Borders" activity kit especially for middle schools. The free kit is available now while supplies last. Each kit contains a guide that helps teachers introduce students to games from around the world and includes Playports for 150 students that can be stamped when students try new games and create their own play -- without borders. Use the kit with your class and then apply to win one of 50 \$1,000 grants sponsored by Weekly Reader in support of VERB. Grant applications are due January 13, 2005. To order your kit visit [www.cdc.gov/VERB](http://www.cdc.gov/VERB) and click on "Materials," then click in the call-out box.



#### New Fliers Help Parents, Teachers and Organizations Get Tweens Physically Active

Download tip sheets that feature ideas for parents, teachers and organizations to help kids incorporate more physical activity into their lives. The common message that each tip sheet promotes is that children should be physically active for at least 60 minutes every day. Tip sheets can be printed in color or photocopied for mass distribution. Download each flier at <http://www.cdc.gov>, under “materials.”

## Trying to win money for your Physical Education program?

Register today at [www.naspeinfo.org/GrantConference](http://www.naspeinfo.org/GrantConference) for the first “Winning Grants for Physical Education: Turning Vision into Reality” Conference in Myrtle Beach, SC on July 21-24, 2005. This conference is designed especially for K-12 physical educators, school district physical education coordinators and grant writers, college/university physical education faculty, state education physical education directors, and community agencies that offer physical activity programs.

Sponsored by the National Association for Sport and Physical Education (NASPE), this conference will feature “cutting edge” information on grant writing and sources of funding in a “how to” workshop format. All participants will receive a FREE copy of NASPE’s newest publication, *Physical Educators’ Guide to Successful Grants* by Dr. Louis Bowers of the University of South Florida at Tampa.

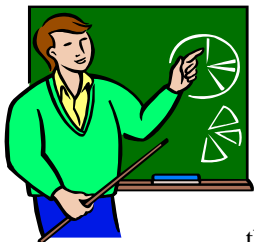
All who plan to attend the conference to contact the Hilton (877-887-9549 or 1-800-HILTONS) NOW to make room reservations because rooms on the beach in a major beach vacation city will be booked early in 2005. NASPE has reserved a block of rooms at a special price.





# PHYSICAL ACTIVITY IDEA CORNER

## Creative Play VERB Style



### *Tips for Teachers*

- Ask students to skip every other line as they write out their daily schedules from morning to bedtime. Then have them go back and find five places where they can insert a VERB to total 60 minutes or more of physical activity they enjoy.
- Generate physical activity ideas for after school, such as being active with two VERBs that start with the letter "R."
- Ask students to come up with new "rules" for how to play old games or sports. For example, set up multiple goals made out of common objects for soccer or field hockey, such as two plastic garbage cans. Assign different points for scoring between each of the goals. Use your imagination and make the game fun! A great resource for this type of activity is the "Game Generator" at [www.VERBNow.com](http://www.VERBNow.com). Here is an example of what you get when you enter "Bean Bag", "Badminton" and REC Room:

### **REC Room Bean-minton**

Time for some old school rec room badminton. Set the game up using anything of your choice as a net. The couch is good. But use a beanbag instead of a birdie. Hit it back and forth over the net by kicking, or anyway you like. First team to 11 wins. This is a

great game to play when it's raining or snowing out.

### *Tips for Parents*

- Incorporate physical activities into birthday parties, family gatherings, and when your kids' friends come over to play.
- Choose activity-oriented gifts such as a jump rope, hiking shoes, or fitness club membership. Used sporting goods stores offer some great treasures for gear at lower prices. Here are just a few hot toys on the market that promote physical activity:



### **The Original Twister Game**

By Milton Bradley  
Ages 6 and up \$9.95

### **Twister Moves**

By Milton Bradley  
Twist, dance and move to music (3 CD's)  
Ages 8 and up \$16.95

### **Silly Soccer**

By Milton Bradley  
Ages 3-6 \$19.99

### **Jump Dancer**

by Kid-Riffic  
\$39.99

### **Dance Dance Revolution**

For X-Box or Playstation  
\$39.99

### **Madden Football**

(Interactive video game)

By EA Sports  
Ages 8+ \$46.95

### **Wacky Bop Ball**

By Socker Bopper  
Ages 5+ \$19.99

### **Big Bounce Basketball**

Inflatable Court  
By Stats Gear  
Ages 3+ \$19.98

- Involve your children in jobs or community service activities that they enjoy and that get them moving, such as planting in the local park or helping neighbors with cleaning, dog walking, or yard work.

### *Tips for Organizations*

- Integrate physical activity content into other subjects and activities.



For reading, have kids choose books where the characters are being physically active. For computer time, encourage visits to Web sites that promote physical activity.

- Create a bulletin board or build a monument with objects used in physical activities and photographs of the children doing the activities they enjoy. Use the group's creation as a motivator for everyone to play actively every day.
- Start a community and/or neighborhood parade in which participants showcase physical activities while they march. Make stops at local places to play.

- CDC Verb Campaign Tip Sheets. To download complete lists, visit [www.cdc.gov/VERB](http://www.cdc.gov/VERB) (materials).
- American Heart Association *Tips for Raising Heart-Healthy, Active Children*

## Holiday Games

### **Rudolph Dash (Relay Game)**

**Supplies:** Cut circles out of red construction paper, Vaseline

**How To Play:** Have child put Vaseline on his/her nose and then stick on the red circle. Relay race to the finish with each new person adding his or her red nose. If nose falls, go back to bowl and add more Vaseline and reapply nose.

### **Gift Unwrap Relay**

**Supplies:** Empty boxes wrapped in Christmas wrapping paper

**How To Play:** Divide the class into teams. Put a stack of presents at the end of each team's course. The first child in each team runs to the presents, unwraps one, and races back to the next person in line. First team finished unwrapping wins! Note: To make it easier on the

Room Parents, you may wish to adapt this game to where the child unwraps, throws away the paper, then runs back!

### Freeze

**Supplies:** Holiday music

**How To Play:** Begin playing music, everyone moves and dances until the music stops then they must "freeze" in whatever position they happen to be in.

### Three-Legged Stocking Race

**Supplies:** Oversized stocking that will fit two feet, tie, tape to mark finish line

**How To Play:** Pair up kids and have each pair put a leg in the oversized stocking and tie at top so that it won't fall off. Make sure you have plenty of space. Put all the pairs at one end and mark a finish line at the other. On your mark the kids race to be the first pair over the line.

- Kids Domain:  
[www.kidsdomain.com](http://www.kidsdomain.com)



## Adaptive Freeze Tag

### Purpose:

- For all people to move, be active and have fun.
- To be able to tag appropriately
- To win and lose while having fun
- Understand the concept of dodging and fleeing
- Understand basic game organization

### Rule Changes:

- Go under ARMS to un-freeze

### Equipment changes:

- Hand paddle or noodle used to tag
- Bells on wrist of chaser

### Ways of moving:

- Use a scooter board
- With a partner
- Jump on two feet to chase students



## Give kids activities to do at home!

Each month Sneaks will provide you with an ARF Activity Calendar chalked full of activity ideas. Challenge your kids to complete 80% of the activities. Think of fun, no-cost ways to celebrate their success. (Pick a silly-style theme and encourage everyone who completes the challenge to dress up!)

## Meet your ARF goal and serve your community!



**Jump Rope for Heart and Hoops for Heart**, two programs from the American Heart Association, incorporate physical activity with community service. Kids who participate have fun, become educated about heart health, learn basketball and jump roping skills, and help the community by raising money to fund lifesaving research and educational programs. Participating in either activity on Fridays is a great way to meet your ARF goal as well as some Nebraska schools are already discovering!

### Participating schools also receive many benefits including:

- newest educational kit on nutrition and physical fitness
- a curriculum builder
- a jump rope skills book (with posters and music)
- 12 jump ropes and a set of double dutch ropes
- a fun way to meet physical education standards
- US Games certificates with \$1500 or more raised

### Even more reasons to participate!

- Heart disease and stroke are America's No. 1 and No. 3

killers and diseases that touch all of our lives.

- About thirteen percent of children and adolescents are defined as overweight.
- The percentage of children and adolescents who are defined as overweight has more than doubled since the early 1970's.
- About ten percent of adolescents ages 12-19 have total cholesterol levels exceeding 200 mg/dL and are considered borderline-high risk.

### FAQ's (Frequently Asked Questions)

#### When can our school hold the event(s)?

*Both programs can be held anytime during the school year. However, February – Heart Month-, is a great time to do Jump Rope for Heart. Capitalize on the sports theme March provides and do your Hoops for Heart event during March Madness. You can hold an event before or after school- or during regular scheduled classes!*

#### Our school already does several "fundraisers" during the school year.

*Jump Rope and Hoops for Heart are like community service projects. This is one way your students can give back to their community. Seventy-five percent of the money raised in your state, stays in your state!*

#### We don't want our students going door to door!

*We don't either! We state in our collection envelopes not to go door to door for their own safety! Simply ask friends and family.*



#### For more information, contact

##### Jenny Nixon

Youth Market Specialist  
American Heart Association  
122 South 4th Ave  
Logan, IA 51546  
Tel.: 800-579-1977 ext. 5702  
Cell: 402-639-2733  
Fax: 712.644.3597  
Email: [jenny.nixon@heart.org](mailto:jenny.nixon@heart.org)

## Important Dates!

### December 10

Last day to mail in your Period 2 point cards for a chance to win ARF incentives!

### December 17

Disburse ARF incentives by this day

### December 13

*ARF Update Newsletter Submission Deadline*

### December 21

Winter begins! Bundle up and enjoy some cold-weather fun.

### February 1-May 1, 2005

N-Lighten Nebraska for Kids  
See p. 3

### February 1 – June 1, 2005

N-Lighten Nebraska for adults  
See pp. 2-3

### February 24, 25, 2005

Brain Activity, Energy Balance, and Movement Workshops... Featuring YogaKids. See p. 2

## Tell us what's going on in your area!

We want to hear your ARF success stories and ideas! You can find a form for newsletter submissions on the handouts and tools CD as well as on the web site. We will include your submissions in future newsletters and on the web site.

### ARF Movement Coordinator

**Michelle Garwood**

Office of Disease Prevention and Health Promotion

301 Centennial Mall So., Box 95044

Lincoln, NE 68509-5044

[michelle.garwood@hhss.ne.gov](mailto:michelle.garwood@hhss.ne.gov)

**NOTE NEW E-MAIL ADDRESS!**

(402) 471-0505

## FOOD & NUTRITION

The Holidays are an exciting and joyful time of year for most of us. But for some individuals, just scraping together a wholesome meal may be a struggle. Take time to reflect and be thankful for what you have and open up your hearts, wallets, and pantries to those in need.

**Holly Dingman** joined the Nebraska Cardiovascular Health Program as a Graduate Assistant in September. She has put together the nutrition articles for this newsletter as well as an outstanding document (attached) that you can use in your curriculum or home to teach youth the importance of good nutrition, generosity and sharing. This is a great resource for those of you who may be looking for a holiday service project.

For more information, contact Holly at  
**(402) 471-2101 or**  
[holly.dingman@hhss.ne.gov](mailto:holly.dingman@hhss.ne.gov).

## Balanced Celebration

The holidays are a time to celebrate and socialize and most of the time this involves gathering around food. While it is OK for you and the kids to indulge a little, try to prepare healthy versions of your favorite recipes and balance your fat intake with some fruit and vegetable consumption.

### Grab and Go! Low-fat veggie cream cheese dip and celery stix

Ingredients

- 4 ounces light (low-fat) cream cheese, softened
  - 1 grated carrot
  - 2 finely chopped green onion
  - ½ finely chopped red pepper peppers
  - Pinch of pepper
  - 10 Celery Stalks
  - Makes enough to serve 10!
- In a bowl, mix together softened cream cheese, grated carrot, chopped green onion, chopped red pepper and pinch of black pepper.

- Cover mixture; refrigerate for at least 30 minutes before serving.
- Spread on celery stix or whole-wheat crackers!

## What Food Can Teach Us...

The holidays are a time to give, to share and to reflect on all that is good in your life. Food is almost always the center of our holiday celebrations. We can learn from our holiday meals and apply the lessons throughout the rest of the year. Here are just a few....

1. Eat with your family. When life gets busy (and it's almost always busy), families are often running in all different directions. Make it a priority and your New Year's resolution to eat together!
2. When you eat together, turn the TV off and talk to each other – get to know each other better! Tell stories – new and old.
3. Have the whole family help with meal planning, preparation and clean up. Many hands make light work!
4. Celebrate Family and Food! Family and food both feed the body. Family feeds our emotional needs and food feeds our physical needs. Both are essential for good health!
5. Give thanks for the food that you have. Realize that your food is what gives you life. Feed your body with wholesome foods to be healthy! Eat plenty of fruits and vegetables, whole-grains, and as always, drink your milk!

*What can YOU do  
with 60 minutes a day?*